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Monday, August 28, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

DID THE WIN SAVE BOXING?

Mayweather's win over McGregor might have saved the sport. 22

The five best online coding bootcamps. 20

Harvey's rain 'beyond anything experienced.' 15

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ANYONE FOR TENNIS?

The U.S. Open will bring the biggest stars in tennis to Flushing, Queens, for the final Grand Slam event of the 2017 season. 4

GETTY IMAGES

WELCOME TO METRO.US!

RACHAEL VAUGHAN CLEMMONS

Can we agree that last night's episode of 'Game of Thrones' was crazy? Everything and everyone came to a head — Jon, Dany, Cersei, the future of Westeros, hell, even what I'd like to call "wight-gate." And I, for one, have a lot of questions after the finale. To read what Metro thinks about that scene (you know the one) and the future of the series, head over to **metro.us.**

US GAS PRICES, MARGINS SURGE AS HARVEY HITS

U.S. gasoline prices soared more than 6 percent to the highest level in more than two years and margins jumped 16 percent when markets opened on Sunday as Tropical Storm Harvey caused widespread flooding in Houston and shut down refineries. Futures RBc1 surged 7 percent to the highest level since late July 2015 at $1.7799 a gallon while gasoline margins RBc1-CLc1 jumped as much 18.2 percent to a high of $19.91 a barrel. At least 2 million bpd of Gulf refining capacity is currently offline and damage assessments at four Corpus Christi, Texas, area oil refineries were under way on Saturday, a first step toward resuming production. However, by Sunday, more refineries were shuttered as the threat of flooding grew. U.S. heating oil HOC1 prices also rallied, rising as much as 3 percent to a high of $1.6681 a gallon.

TRUMP RENEWS THREAT TO TERMINATE NAFTA

2 President Donald Trump renewed his threat to scrap NAFTA and ripped on trading partners Canada and Mexico in a tweet early on Sunday, days before the three countries were scheduled to hold a second round of negotiations on rewriting the 23-year-old agreement. "We are in the NAFTA (worst trade deal ever made) renegotiation process with Mexico & Canada. Both being very difficult, may have to terminate?" he wrote. Trump, a Republican, promised during his campaign to overhaul or eliminate the North American Free Trade Agreement, which he cast as killing jobs and exacerbating the U.S. deficit, and to adopt a more protectionist stance for trade generally. The first five-day round of talks between the three countries concluded last Sunday.

HOUSTON RESIDENTS HUNKER DOWN FOR DAYS OF RAIN

3 Volunteers and officers from the neighborhood security patrol help to rescue residents in the upscale River Oaks district after it was inundated with flooding on Sunday in Houston, Texas. Tropical Storm Harvey caused widespread flooding seldom seen in this part of the country that inundated homes and submerged highways over the weekend as residents of the fourth most populous U.S. city hunkered down in anticipation of several more days of "unprecedented" rainfall. *For more, see page 15.* GETTY IMAGES

5 THINGS YOU NEED TO KNOW

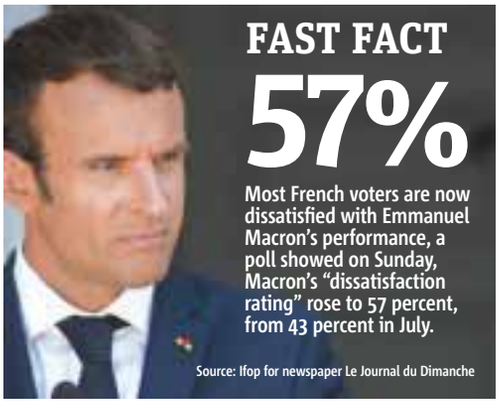
PEACEFUL PRESSURE ON NORTH KOREA

4 U.S. Secretary of State Rex Tillerson said on Sunday the firing of three ballistic missiles by North Korea this week was a provocative act, but that the United States will continue to seek a peaceful resolution. "We do view it as a provocative act against the United States and our allies," Tillerson said in an interview on Fox News Sunday. "We're going to continue our peaceful

pressure campaign as I have described it, working with allies, working with China as well, to see if we can bring the regime in Pyongyang to the negotiating table."

TRUMP TO VISIT TEXAS TO SURVEY DAMAGE

5 President Donald Trump will visit Texas on Tuesday to survey storm damage caused by Harvey, the first major U.S. natural disaster since he took office in January, the White House said on Sunday. The flooding caused by Harvey in Texas, including in Houston, is the first test of how Trump responds to a major storm on his watch. Former President George W. Bush, a fellow Republican, was sharply criticized for his handling of Hurricane Katrina in 2005, the last time a storm of Harvey's magnitude struck the United States. Since the president travels with a large retinue of Secret Service agents and under a rigorous security protocol, most administrations avoid visiting during the height of natural disasters for fear they will pull resources away from rescue and aid attempts.



FAST FACT

57%

Most French voters are now dissatisfied with Emmanuel Macron's performance, a poll showed on Sunday, Macron's "dissatisfaction rating" rose to 57 percent, from 43 percent in July.

Source: Ifop for newspaper Le Journal du Dimanche

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Prepare for a racket in New York

The first round of the 2017 US Open starts Monday.

JOE PANTORNO
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After a week of qualifying, the first round of the U.S. Open starts on Monday with some of the biggest names in the game descending on Flushing for the final Grand Slam event of the 2017 tennis season.

With Novak Djokovic and Andy Murray out of the tournament due to injuries, tennis fans have a chance of a legendary rematch in the finals as Rafael Nadal and Roger Federer are expected to make deep runs this year.

On the women's side, Serena Williams' absence makes the bracket a free-for-all as Wimbledon winner Garbine Muguruza and current World No. 1 Karolina Pliskova will attempt to stake their claim as forces to be reckoned with.

The Open will span from Monday to the men's final on Sept. 10.

Favorites and dark horses at the US Open

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MEN'S FAVORITES

RAFAEL NADAL

The 31-year-old Spaniard has re-ascended to No. 1 in the world after compiling a 49-9 record in 2017 with four titles, including his 10th French Open crown and 15th Grand Slam title in June. Nadal is seeking his third U.S. Open title after winning in 2010 and 2013, but could have to go through his arch-rival Roger Federer in the semi-finals. The two have never played in the U.S. Open.

"Being No. 1 after all the things that I have been going through the last couple of years is something unbelievable," Nadal said. "So [it] is, for me, an amazing achievement to be back to that position after three years."

ROGER FEDERER

Federer is playing some of the best tennis of his historic career at the ripe old age of 36. The Swiss Maestro is 35-3 in 2017 with five titles, including his 18th and 19th Grand Slam titles at the Australian Open and Wimbledon. He pulled out of the recent U.S. Open warm-up in Cincinnati with back trouble, but will have had almost two full weeks of rest and recuperation as he ramps up to challenge for his sixth U.S. Open crown and first since 2008. He opens against American upstart Frances Tiafoe.

WOMEN'S FAVORITES

GARBINE MUGURUZA

Muguruza may be the hottest player on tour, having won Wimbledon over Venus Williams in the final and then powering her way to her second title of the season in Cincinnati with a commanding 6-1, 6-0 victory over No. 2 seed Simona Halep.

KAROLINA PLISKOVA

GETTY IMAGES

With Serena Williams expecting her first child, the women's field remains wide open. Still, the world No. 1 reached the U.S. Open finals in 2016, losing to Angelique Kerber. This year, she's advanced to the quarters at the Australian Open and the semis at the French Open.

DARK HORSES

ALEXANDER ZVEREV

The 20-year-old German is up to a career-high No. 6 in the world. His five titles in 2017 include back-to-back outdoor hardcourt crowns in Washington, D.C. and Montreal, the latter featuring a straight-sets win over Federer in the final.

MARIN CILIC

The 2014 U.S. Open champion is always a threat when playing on the hardcourt with a 255-129 career record. He is just 5-7 this year. His summer has included an impressive run to the Wimbledon final, where he lost to Federer in straight sets.

GRIGOR DIMITROV

Nicknamed "Baby Fed," Dimitrov appears poised for a deep run in Flushing Meadows. He's coming off winning the title in Cincinnati, where he beat Juan Martin Del Potro, John Isner and Nick Kyrgios en route to the title.

DARK HORSES

SIMONA HALEP

The Romanian has never won a Grand Slam title. She's made the French Open finals twice in 2014 and 2017. Unfortunately for her, she received a brutal draw as she'll face the 2006 champ Maria Sharapova in the first round.

ANGELIQUE KERBER

Last year's champion is down to No. 6 in the world rankings and hasn't won a title in 2017. She's made just one final, which she lost to Anastasia Pavlyuchenkova at the Abierto GNP Seguros in Mexico.

VENUS WILLIAMS

At 37, she's playing some of her best tennis ever, reaching the finals of the Australian Open and Wimbledon this year. She is looking for her first U.S. Open title since repeating as champion in 2000 and 2001.

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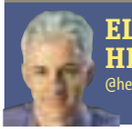
Former Sheriff Joe Arpaio was pardoned by President Trump on Friday. GETTY IMAGES

TRUMP'S AMERICA

WHY STOP THE PARDONS WITH SHERIFF JOE?

This president will keep on pardoning people until he inevitably reaches the man in the mirror.

ANALYSIS



ELLIS HENICAN
@henican

Pardon me.

No, really. I'd like to be pardoned — wouldn't you? Pardoned for crimes I've already committed, pardoned for crimes I am only now dreaming up. Mark my words: When it comes to Donald Trump's presidential pardons, Sheriff Joe was just a practice round.

Jared Kushner, are you watching?

Flynn, Stone and Manafort — how 'bout you?

This president will keep on pardoning people — friends, relatives, staffers, supporters, cabinet officials, campaign aides — until he inevitably reaches the man in the mirror, who by then will need a pardon most of all.

As he has quickly learned, presidential pardons do not require an act of Congress, only the stroke of a pen. And what a terrifying message this first pardon sends.

Arizona Sheriff Joe Arpaio first got famous for making his prisoners wear pink undershorts. That act of gratuitous humiliation was wildly popular with the nitwits who giggle over prison torture and police brutality, a demographic that very much includes our President. ("Don't be too nice" to the suspects, he urged police officers on Long Island late last month.)

Over the years, Arpaio has shown insistent disregard for the rule of law and the U.S. Constitution, even as he railed against "illegal immigrants." Abuse of power, misuse of funds, election-law violations, racial profiling, a staged assassination plot — there was almost no depth the tough-talking sheriff wouldn't stoop to. Last month, he was found guilty of ignoring a federal court order to quit profiling Latinos during traffic stops.

Trump's response to all that? Not pink underwear. A pardon even before sentencing day.

This is going over about as poorly as you would expect, as Republicans get bolder and bolder in separating themselves from an unpopular President. Paul Ryan, the cautious speaker of the House, made clear that he opposed a pardon for the racial-profiling sheriff: "Law enforcement officials have a special responsibility to respect the rights of everyone in the United States."

Arizona's two Republican senators, John McCain and Jeff Flake, spoke out too. When McCain tweeted, "@POTUS's pardon of Joe Arpaio, who illegally profiled Latinos, undermines his claim for the respect of rule of law," Jeb Bush piped in on Sunday: "John McCain is right on the mark."

Pardons for everyone!

Metro columnist Ellis Henican is the author of a dozen books including "Trumpitude: The Secret Confessions of Donald's Brain." Follow him on Twitter @henican.

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Reduced-fare MetroCards would benefit New York's low-income communities. MTA VIA FLICKR

That's not fare! Debate rages over reduced-fare MTA rides for the poor

Reducing fares for poorer New Yorkers isn't a reality yet, but advocates say reform is badly needed.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

More advocates are calling for low-income New Yorkers to be entitled to a low-fare, half-price MetroCard as one of the next big steps in combating income inequality around New York City.

The idea, which for now is just a proposal, is the sort that makes Bernie Sanders-style socialists joyful and sets fiscally conservative types' teeth on edge.

Transit expert and Metro columnist Larry Penner said reduced fares would lead to serious overcrowding on an already overburdened system, and he added that the public could afford $2.75 per ride.

"It is a terrible stereotype by elite liberals who do not believe poorer New Yorkers know how to budget," Penner said. "Who knows how much it would cost in coming years?"

Mayor Bill de Blasio has proposed to fund discounted fares for the poor through a new "millionaires' tax" that would also fund repairs to the MTA. There's also pending legislation to assign money out of the city's general fund for the program, although it was cut from the latest city budget in June.

Supporters and researchers say a $2.75 fare can be a serious obstacle preventing some 800,000 people from using the MTA, the circulatory system of New York City. But there's a ripple effect: lack of transit access can limit people from easily getting to work to earn money, affecting their lives and restricting the city's economic growth.

"The public transit system is supposed to be public," said Rebecca Bailin, a Riders' Alliance project manager who is leading the push for "Fair Fares."

"It is getting to work, but it's also getting around the city," she said. "People are jumping turnstiles at times, and they're not doing it for fun."

The discussion is based largely on the research of Alexis Perotta, a lecturer at Baruch College's Austin W. Marxe School of Public and International Affairs, who wrote her dissertation on fare policy. Perotta interviewed 32 low-income people about how they scrimped, saved and skipped essentials like laundry and food to pay for subway fare.

Ironically, many of her low-income interview subjects said everyone should have to pay the same fare.

But the MTA already gives discounted rides to senior citizens and the disabled, she noted. She believes broader access to transit would be "vital" for low-income New Yorkers.

"We already have a fare system where not everybody is paying the same," she said. "Basing it on income, that next step in a direction toward socialism that makes people uncomfortable, is not that different from the categorical groups that we're already using."

For now, reduced fares remain just a proposal. But the other side of the fare debate, handling turnstile jumpers, is changing as Manhattan and Brooklyn prosecutors make moves toward diverting such cases from criminal prosecution, as many consider them a "poverty crime, and instead class it as a 'civil violation.'"

Surprisingly, Mayor de Blasio questioned slackening rules for turnstile jumpers during a recent radio interview. He said it might not be "good for the social fabric" to make it a civil violation instead of a crime. The typical person caught doing it "has money on them," he said.

"I would challenge the mayor to really rethink that," said Tina Luongo, an attorney in charge of criminal practice for the Legal Aid Society. "Even if they have three dollars in their pocket, that three dollars may in fact be going towards food for them or their family or rent. You can't take a look at it from just that tidbit."

In 2016, the NYPD reported 25,000 arrests of turnstile jumpers for "theft of services," according to the Legal Aid Society. More than 8,000 people have been arrested for it in 2017 so far.

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SERVICE IMPROVEMENTS BEAT COUNTDOWN CLOCKS FOR 7 TRAIN

Many are not aware of the tremendous capital investments made by the MTA since 1981 on the 7 line, just to maintain existing service.

LARRY PENNER

Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the US Department of Transportation.

There are better investments the MTA can make to improve service on the No. 7 Flushing subway than the installation of countdown clocks.

In March 1953, a super express began operating from Flushing–Main Street to Times Square in the morning rush hour. This 7 express stopped at Main Street and Willets Point before skipping all stops to Queensboro Plaza, including the Woodside and Junction Boulevard express stops. This ended in a few years.

Holiday and Saturday express service was discontinued in March 1954. Midday express service between 10 a.m. and 3 p.m. was discontinued in August 1975. It briefly returned for several years in the 1980s before ending once again.

Riders have had to endure too many years of inconvenience as a result of the MTA investing $774 million in Communication-Based Train Control on the 7 line. With or without CBTC, there are opportunities to increase capacity and service by running trains more frequently midday, overnight and weekends. There has been no express service between 10 a.m. and 3 p.m. due to ongoing track and maintenance projects for decades, including work to support CBTC.

Upon implementation of CBTC by early 2018 (which was supposed to have been completed between October and December 2016), let's hope midday express service resumes. Will it be worth investing $774 million in CBTC when it may only result in increasing the number of rush hour trains by two, from 30 to 32, in each direction? After that, the MTA no longer has other opportunities for increasing rush-hour capacity on the 7 line.

Many are not aware of the tremendous capital investments made by the MTA since 1981 on the 7 line, just to maintain existing service. This includes over $8 billion by NYC Transit and $2.5 billion by MTA Capital Construction. (The Hudson Yard station extension was paid for by NYC.) Over $2.5 billion of the $8 billion in NYC Transit capital improvements were funded under grants provided by the Federal Transit Administration. All of the above have offered MTA NYCT the ability to continue providing 24/7 service on the 7 line. Some of the capital investments funded by the federal government include upgrading the Corona Yard and Shop, which supports both maintenance and storage of the 7 fleet. Numerous subway stations have been upgraded to good repair, including Flushing–Main Street, 74th Street Roosevelt Avenue (including improved internal circulation to E, F, M and R subway lines along with the adjacent bus terminal), Court Square and Times Square.

Given the tremendous growth in 7-train ridership 24/7, riders would welcome restoration of midday, Saturday and holiday express services along with more frequent local service off-peak, late evenings, overnight and weekends. These would be far better investments than wasting millions for installation of countdown clocks.

The crowded 7-train platform at Grand Central Station. MILES DIXON

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By Matt Edgar

America's Health Writer

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"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

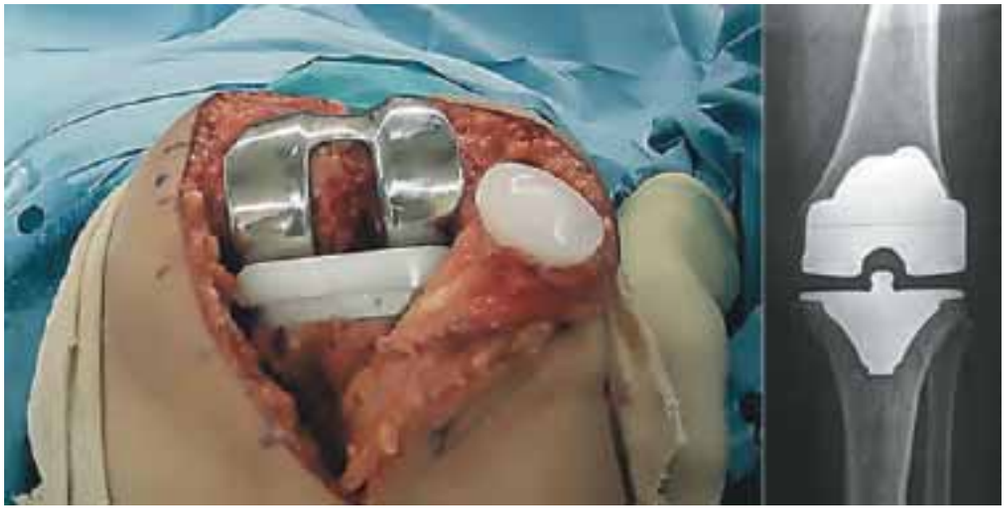
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery

h Medicine And All Natural Treatments

little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. ***NY Pain MD*** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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Work Related Injuries/Work Comp

Auto Accident plans

Out of newtork:

Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue Cross Blue Shield & others

**EZ payment plans and financing also available*

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

THE PRIMARY ISSUE

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

As much as people worry about being attacked by a shark, hit by lightning or trapped in a cab with Pauly Shore, such events are thankfully rare. If you are the president of the United States, here is something else you can add to the "long odds" list: getting challenged for your own party's nomination when re-election time rolls around. But Donald Trump may be tinkering with that likelihood.

His combative, nontraditional and, so far, not entirely effective way of running the White House has sent seismic tremors rumbling beneath Congressional Republicans. Some are already shrugging when asked if this is the man they want in 2020. Arizona Sen. Jeff Flake insists President Trump is "inviting" a primary challenge. Granted, Flake is no Trump fan, but hearing anyone from a sitting president's party publicly voice such heresy is startling.

President Trump wants to be re-elected, clearly. He is already holding campaign events as if the vote is coming up this November, not three and a half years from now. He is flinging around the crackling language of the campaign trail, rallying donors, slamming the media and lashing out at anyone who even hints he might not be the right person for the job.

So why are members of his party pushing back? Because he is waging war on them almost as much as on the Democrats. His Twitter feed routinely savages GOP leaders and elected members. He blames them seemingly every time one of his legislative initiatives falls flat. In short, he often acts as if the interests of Donald Trump have nothing to do with the interests of the party … and many in that party are now returning the favor.

Granted, the election is far off, they could all patch things up, and incumbents usually get the party's nod in re-election bids even if there are hard feelings. But the fact that these questions are being raised this early in the process ought to be a warning to the president's team — he's making Congressional Republicans uneasy, he's not delivering the kind of leadership many of them can follow, and the long odds against a Republican revolt may be getting shorter.

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How much garbage does New York City produce daily? Tons

NYC handles 12,000 tons of garbage per day. WIKIMEDIA COMMONS

While New York City was preparing for a rise in the already staggering amount of waste produced daily, a report released Thursday showed an unexpected decline.

The report from the city's Independent Budget Office shows the Department of Sanitation handles literally tons of garbage per day; 12,000 to be exact. And there's more: that's only half of the city's total. The DSNY is only responsible for institutional and residential waste, not commercial, which is taken care of by private companies, or "carters" as they're called.

However, the numbers are better than expected. Beginning in 2006, the city's 20-year Solid Waste Management Plan anticipated garbage levels would climb, contrary to the amount reported now by the IBO.

"The Department of Sanitation is pleased with the Independent Budget Office's recognition that the city's comprehensive Solid Waste Management Plan, designed in 2006, has helped move New York City in a much more sustainable direction," it said in a statement on Thursday. "In its balanced assessment, the IBO acknowledges that the SWMP has clearly made the city more equitable, with fewer neighborhoods bearing the overwhelming burden of waste transfer stations."

So, what will it take to get to "zero waste" in less than 13 years? The IBO says major change might be the answer.

"If the city were to achieve such a dramatic reduction in the amount of refuse it exports by 2030, then much of the infrastructure built to facilitate the Solid Waste Management Plan could need to be retooled for recycling and organics export — or risk becoming obsolete," the report stated.

While the report shows the city has some catching up to do, the DSNY says no one can predict the future, stating, "who then knew there'd be an iPhone that would significantly reduce the amount of newspaper that had been projected to be in our waste and recycling stream." AMY RUSSO

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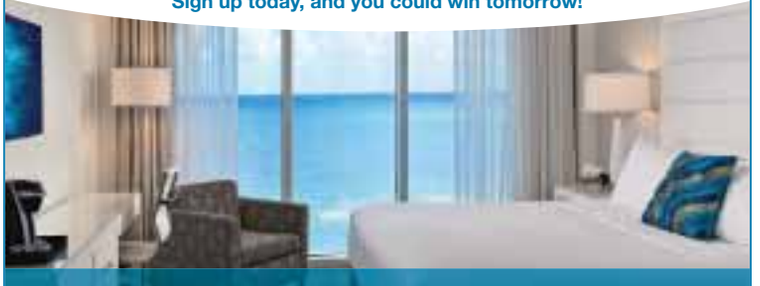

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Penn Station's 'summer of hell' ends Sept. 5: Amtrak

One New Jersey Transit commuter said it was more like a "summer of heck."

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The end of Penn Station's "summer of hell" is nigh.

Amtrak, New Jersey Transit and Long Island Rail Road schedules, which were changed as part of the infrastructure repair work at the nation's busiest rail terminal, are slated to return to normal on Sept. 5, Amtrak announced Thursday.

Amtrak owns and operates Penn Station's 21 tracks, which, along with the switches, have been replaced as part of the agency's major infrastructure renewal that began July 10.

"We thank customers for their patience while we renew the infrastructure at New York Penn Station," CEO Wick Moorman said in a statement. "Our engineering forces are making great progress, and we look forward to resuming scheduled operations Sept. 5."

The first seven weeks of the two-month repair work focused on a sorting technique called "A interlocking," which routes incoming and outgoing trains from the Hudson River tunnel and the LIRR's West Side Yard to tracks and platforms at Penn Station.

"Together, we were all able to get where we needed to go this summer with minimal disruption..." Joe Lhota

As part of the summer repairs, weekday rail schedules for several Amtrak, NJ Transit and the LIRR trains were either adjusted or canceled in order to accelerate work.

The MTA's discounted fares for LIRR riders to use alternate stations during the repair will end Sept. 1, the agency said. Temporary bus and ferry service for LIRR customers will also end Sept. 1.

"I want to thank our customers for their patience and willingness to try the temporary travel options, as well as our employees for their hard work to make the transition as smooth as possible," Chairman Joe Lhota said. "Together, we were all able to get where we needed to go this summer with minimal disruption, and we are pleased that our customers will return from the Labor Day holiday to their regular timetables."

NJ Transit's Morris and Essex lines will resume service to and from Penn Station and not divert to Hoboken as of Sept. 5, and North Jersey Coast Line trains will resume Hoboken operations.

The agency's alternate options, discounted fares and cross-honoring will also end, as will the Morristown, Madison, Summit, Maplewood, South Orange and New Broad Street morning express buses to Port Authority.

Additionally, private bus carrier, PATH and NY Waterway cross-honoring will stop on Sept. 2 at 3 a.m.

When Amtrak first announced the service changes to accommodate accelerated repairs, New York Gov. Andrew Cuomo said they would cause a "summer of hell" for commuters, a phrase that was adopted by riders and the media alike.

Amtrak is looking forward to resuming scheduled operations on Sept. 5, the agency said. AMTRAK

But as the work got underway, it wasn't nearly as chaotic as many people expected.

"I called it the 'summer of heck.' It wasn't so bad as long as you had some flexibility to arrive a bit late and leave a bit early from work," said Phil Ryan, who lives in New Jersey and works in Midtown.

Ryan told Metro back in July that he would be switching from his regular train to a bus and would work from home more often to "avoid Penn Station at all costs" during the work.

Amtrak will continue its work at Penn Station through approximately June 2018, the agency said, and the bulk of that work is scheduled to occur on weekends.

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Harvey hits hard as year's worth of rain floods Houston, more expected

President Donald Trump plans to go to Texas on Tuesday to survey damage from the storm, a White House spokeswoman said on Sunday.

Tropical Storm Harvey caused widespread flooding in Houston that inundated homes and submerged highways on Sunday as residents of the fourth most populous U.S. city hunkered down in anticipation of more days of "unprecedented" rainfall.

Harvey came ashore late on Friday as the most powerful hurricane to hit Texas in more than 50 years and has killed at least two people. The death toll is expected to rise as the storm triggers additional tidal surges and tornadoes, with parts of the region expected to see a year's worth of rainfall in the space of a week.

The storm has caused chest-deep flooding on some streets in Houston as rivers and channels overflow their banks. More than 25 inches of rain have fallen in some parts of the city, the National Weather Service said, forcing some residents onto their rooftops, while others sought refuge at emergency shelters.

Scenes of rising floodwaters in the metropolis recalled the devastation that struck New Orleans during Hurricane Katrina in August 2005.

Total precipitation could reach 50 inches in some areas of Texas by the end of the week, or the average rainfall for an entire year.

"What we're seeing is the most devastating flood event in Houston's recorded history. We're seeing levels of rainfall that are unprecedented," said Steve Bowen, chief meteorologist at reinsurance firm Aon Benfield. The center of Harvey was still 125 miles from Houston and was forecast to arc slowly toward the city through Wednesday. Harvey was downgraded to a tropical storm on Saturday because its winds had slowed, but days of torrential rain are forecast. Texas Gov. Greg Abbott told a news conference that new tornado warnings were expected later on Sunday.

A man carries his belonging as he walks through the flooded waters on Telephone Road in Houston on Sunday. GETTY IMAGES

The storm struck at the heart of the country's oil and gas industry, forcing operators to close refineries and evacuate and close offshore platforms. The reduced supply could affect gasoline supplies across the Southeast and other parts of the country.

The swift rise of floodwaters surprised authorities and Houston residents with boats were asked to help with rescues. Emergency services told the city's 2.3 million inhabitants to climb onto the roofs of houses to escape the water.

The size and strength of Harvey dredged up memories of Katrina, the 2005 hurricane that killed 1,800 people in a disaster made worse by a slow government response.

Trump, facing the first big U.S. natural disaster since he took office in January, signed a disaster proclamation on Friday, triggering federal relief efforts. Abbott said 50 counties had been declared state disaster areas. REUTERS

The New York City Department of Health and Mental Hygiene's Children with Special Health Care Needs (CSHCN) program provides resources, referrals and other services to New York City youth up to age 21 that have been diagnosed with a chronic health condition or disability and are in need of extra health coverage and support.

The CSHCN program offers free Health Education Forums that inform parents, caregivers and community providers about topics related to children with special health care needs.

For more information call 311
or visit nyc.gov/health and search CSHCN.

NYC Health

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12 Celebrities who rep their zodiac signs hard

These stars are certainly aligned. **ASHLEY SIGNORE**

It's officially Virgo season. What better time to look at the celebrities that best embody their zodiac signs? Sure, some people don't believe in astrology — but you be the judge and see if these celebrities fit their signs (or not). Here's a list of every sign and its most famous counterpart.

Aries (March 21 - April 19)

Mariah Carey

Aries babies are born leaders who command attention when they walk into a room — which Mariah literally does. They're impatient and sensitive but they're also the hardest workers. It's their way or the highway. And Mariah wouldn't even be mad reading this: She knows she's a queen.

Taurus (April 20 - May 20)

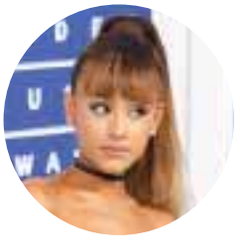
Gigi Hadid

It's no wonder the top model is a Taurus. The bull is ruled by Venus, the planet of luxury and beauty, and that suits Hadid nicely. Taurus energy tends to work at two speeds: steady and calm or charging fast. A lot like Gigi's gentle-turned-fierce nature when she's on the runway.

Gemini (May 21 - June 20)

Donald Trump

Gemini is the dual sign of twins, also known as a split persona, otherwise known as President Trump. This is the biggest people person of the signs and Geminis can be real charmers, smooth talkers and big personalities. Safe to say the Donald — we mean, the Gemini — thrives in social settings.



Cancer (June 21 - July 22)

Ariana Grande

The most emotional and intuitive sign is best represented by Ariana Grande. Cancers are known for keeping their loved ones close. And the singer has made her fan appreciation known, visiting hospitalized fans and raising $13 million for the families affected by the bombing at her Manchester concert.

Leo (July 23 - August 22)

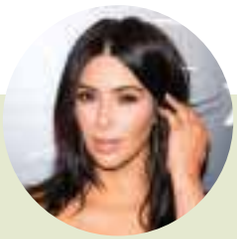
Kylie Jenner

Leos are the kings of the jungle, so it's no surprise that it's the zodiac sign of Kylie Jenner, otherwise known as "King Kylie." Leos are known for being creative, self-centered and leaders of the pack. And the youngest Jenner has certainly paved her own way: Her makeup endeavor embodies her creativity; her lip-kit empire displays her influence; and her excessive selfies show her narcissism.

Virgo (August 23 - September 22)

Beyoncé

Virgos are notorious perfectionists, just like Queen Bey. It's no coincidence that everything Beyonce does is flawless — she spends hours preparing for performances and is involved with every detail, from costumes to choreography. Virgos are also the most reserved of the zodiac, which sounds about right: Beyoncé much prefers to be on a yacht in a remote location than in gossip columns.



Libra (September 23 - October 22)

Kim Kardashian

Libras are the zodiac's peacemakers, which is true for Kim, the face of the Kardashian Klan. She is always making sure her family is on good terms — as seen on "Keeping Up with the Kardashians" — even throughout her path to major celebrity. Libras are also known to be sensitive, trusting and harmonious. No wonder Caitlyn Jenner confided in Kim the most during her transition.

Scorpio (October 23 - November 21)

Emma Stone

Don't be fooled by Emma's innocent look: This girl is a textbook Scorpio, the zodiac's most fiery go-getter. Scorpios are impulsive, but they always follow through. And the fact that she persuaded her parents to move to Hollywood to pursue an acting career at just 15 years-old — in a PowerPoint presentation, no less — proves as much. And now? She's an Academy Award-winning actress. Not too shabby.

Sagittarius (November 22 - December 21)

Miley Cyrus

Sagittarians are known to be passionate free spirits who loves to change things up — which is pretty much everything Miley is known for. She doesn't give a damn what anyone thinks about her. The Sagittarius in Miley is probably what makes her so passionate about her music — and work so hard to stay at the top.

Capricorn (December 22 - January 19)

Kate Middleton

The most responsible and traditional of the zodiac signs is fit for a duchess. The way Kate carries herself in front of the world with such poise and grace speaks volumes to the Capricorn's noted self-control. The sign is also ruled by Saturn, the planet of authority — so marrying a prince definitely fulfills her astrological destiny.

Aquarius (January 20 - February 18)

Oprah Winfrey

Aquarians are known for their humanitarianism and independence. Say no more: That's Oprah. The typical Aquarius tends to operate best in any gathering of people – uh, hello, remember her talk show? They are also very private, which is true for Oprah: She lives a pretty low-key life considering her high-key income.

Pisces (February 19 - March 20)

Justin Bieber

The most artistic and musical of the bunch, Pisces is definitely the Biebz's sign — he taught himself to play the piano and drums at a young age. Pisces are also givers who feel the need to escape reality. Considering the kid spends half his concerts floating on angel wings, we wouldn't necessarily say Justin has a strong grip on reality.

ALL PHOTOS GETTY IMAGES

Binge watching is bad for you

A study finds that marathoning your favorite series at night leads to fatigue and poor sleep quality.

ELIZABETH WHITE
@MetroNewYork
letters@metro.us

Trouble sleeping? Maybe cut down on the Netflix bingeing. ISTOCK

A study published by the Journal of Clinical Sleep Medicine suggests that there is a link between binge watching TV and poor sleep quality.

So you're saying that watching TV for hours on end is actually bad for us? Who would have thought!

Four-hundred-twenty three adults ages 18 to 25 were surveyed online about their regular television and binge viewing, how well they were sleeping and how tired they felt during the day. Eighty percent of participants admitted they were binge watchers, which is defined as watching multiple episodes of the same show in one sitting. Of the participants, the average binge-watching session lasted three hours, eight minutes. The study found that while men "binge-viewed less frequently than women," their sessions were longer.

The study pointed out that those who identified as binge watchers reported more fatigue and poorer sleep quality compared to those people who didn't binge watch.

The people who labeled themselves as binge watchers were 98% more likely to have poorer sleep quality.

You can't watch just one episode, right? And that's exactly the problem.

Interestingly, the study found no relationship between regular TV viewing — watching one episode at a time — and sleep problems. This may be because binge watching draws viewers into the show and encourages with suggestions to continue watching episode after episode, whereas a show that releases one episode weekly effectively cuts off the viewer until the next airing.

The study referred to this as "pre-sleep arousal": Viewers are more interested and caught up in the characters, even after they have finished watching. Binge watching leaves the viewer thinking about the episodes afterward, unable to fall asleep right away.

Binge watchers need "a longer period to 'cool down' before going to sleep, thus affecting sleep overall," according to the study.

It's important to keep in mind that correlation does not necessarily equal causation. Binge watching and poor sleep may be related to each other, but that does not mean that binge watching causes poor sleep. It simply means that it is a factor of poor sleep.

We're probably going to keep binge watching, anyway. What else would there be to look forward to after a long day at work?

'Frozen' Broadway debut announced

No one is letting anything go, because now we have an official opening date for "Frozen" on Broadway.

Fans of the two-time Oscar-winning Disney animated film, mark your calendars: The musical begins preview performances Feb. 22, 2018 at the St. James Theatre.

The curtain officially rises on all the Disney onstage magic on opening night, March 22.

The freezing temps in February should get you in the spirit to see Caissie Levy as Elsa, Patti Murin as Anna, Greg Hildreth as Olaf, with Jelani Alladin playing Kristoff and John Riddle as Hans.

In addition to the smash success soundtrack and Oscar-winning hit "Let It Go," the musical will include new songs by Kristen Anderson-Lopez and Robert Lopez, who wrote the movie's songs.

When can you buy tickets? Now. They're on sale at frozenthemusical.com or by calling the Disney Broadway hot line at 866-870-2717.

KIMBERLY AQUILINA

The leading ladies of Broadway's "Frozen." ANDREW ECCLES

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Take the NYC ferry to Astoria, Queens

Here's what to do when you get there.

KATE MOONEY
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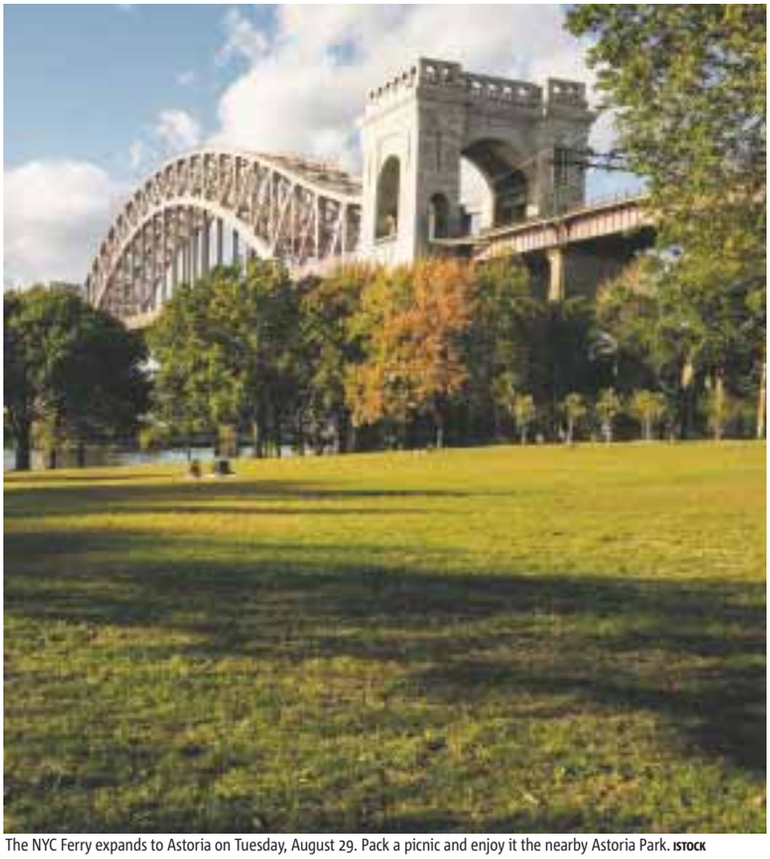

The NYC Ferry expands to Astoria on Tuesday, August 29. Pack a picnic and enjoy it the nearby Astoria Park. ISTOCK

Socrates Sculpture Park INSTAGRAM.COM/ GIANNAMPAGLIA

Bohemian Hall and Beer Garden. FACEBOOK.COM/BOHEMIAN.HALL.AND.BEER.GARDEN

Now there's another way to get to Queens' northern-most nabe: Instead of straphanging, you can take a breezy boat ride along the East River. The newest addition to the NYC Ferry route begins service to Astoria on Tuesday, Aug. 29. The Hornblower-operated vessel will launch from Hallets Cove (3-10 Astoria Blvd.) and make stops at Roosevelt Island, Long Island City, East 34th St. and Wall Street/Pier 11. Once you dock, here are our picks for exploring the neighborhood.

What to do

When you arrive, walk five minutes to Welling Court and 30th Ave., where you can take a (self-guided) walking tour of more than 150 street murals via the **Welling Court Mural Project**. About a 15-minute walk north or a 10-minute bike ride (reminder: You can take your bike on the NYC ferry for $1) along Shore Boulevard will bring you to **Astoria Park**, where you can dip in the Astoria Pool (open until Sept. 10) or have a picnic and enjoy the views of the Robert F. Kennedy and Hell Gate Bridges.

A 10-minute walk south on Vernon Boulevard leads you to the **Socrates Sculpture Park**. Open daily from 9 a.m. to sunset, the five-acre waterfront green space has epic East River views and offers plenty to do in the way of events. Catch "Nari Ward: G.O.A.T., again," a six-sculpture exhibition by the Jamaican-born artist, before it closes Sept. 4, or see "The Challenge," the final Rooftop Film of the summer season, screening Wednesday, Aug. 30. One block away, there's the **Noguchi Museum**, which houses selected works by the Japanese-American sculptor Isamu Noguchi.

Where to eat and drink

Now you're thirsty. For cocktails, craft beers and satisfying bar grub, head straight down 30th Avenue to neighborhood gastropub **Sweet Afton**, (happy hour weekdays until 7 p.m., live music every Monday night). There's always the **Bohemian Hall and Beer Garden**, a favorite hang during Oktoberfest and football season, or any time of the year to gather with friends over steins of Czech beer, bratwurst and fries. For a date night, try the more intimate Sparrow Tavern, with upscale comfort food and cocktails. For cheap beers and sandwiches paired with live comedy and storytelling, stop in at **Q.E.D.**, a scrappy performance and event space on 23rd Avenue. A bit farther out, **Singlecut Beersmiths**, a brewery and taproom, is worth a visit for the tasty rotating beers on tap and epic board-game selection (we recommend the British game Pucket).

For a full-on Greek seafood feast, hit **Taverna Kyclades** on **Ditmars Blvd**. Expect to wait a bit: The busy eatery doesn't take reservations, but it will give you a complimentary glass of wine while you wait, or take the time to get in some quick shopping on the avenue, at the excellent **Ditmars Thrift Shop** or the clothing boutique **The Brass Owl**. For your go-to Neapolitan pizza spot, look no further than **Milkflower** on 31st Avenue.

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Best bets for Broadway Week

Here are our picks for what you should see while tickets are 2-for-1.

EVA KIS
@thisiskis
eva.kis@metro.us

Period dramas, living legends, a film adaptation that's actually good and a play so intense people are getting ill. It's an exciting time on Broadway!

And during Broadway Week, tickets are two-for-one at many of the newest and most popular productions. Sales are open now for performances taking place Sept. 4-17 by 23 shows, 12 of which are new to Broadway Week.

That deal is good enough that you could see every show, but there are only so many hours in the day. Here are our picks.

JOAN MARCUS

"War Paint"

The high drama in the fashion world has gotten plenty of screen time, but the makeup biz is no less cutthroat. Two legends of the stage, Patti Lupone and Christine Ebersole, bring the unbelievably nasty story of Helena Rubinstein and Elizabeth Arden to the stage. Divas are what Broadway is all about.

JULIETA-CERVANTES

"A Doll's House, Part 2"

The best stories always leave you wondering what happens to the characters after they end. This new play gives you a rare answer as the heroine of Henrik Ibsen's controversial work returns to the husband and children she walked out on 20 years before.

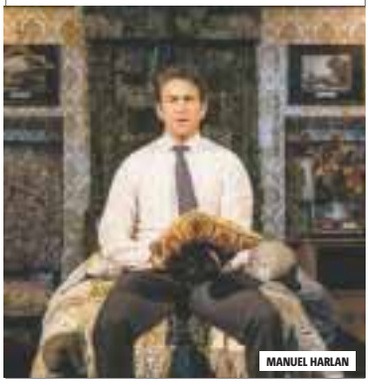
JULIETA-CERVANTES

"1984"

Broadway has traditionally leaned into escapism as its preferred theme, but that shouldn't put you off this timely, swoon-inducing, brave production. No knowledge of George Orwell's book is required — we basically live in the dystopia he imagined already.

"Groundhog Day"

It may have gotten snubbed by the Tonys, but this British import is a great example of what changing the medium can do to explore a story in greater depth. Even the original star of the film, Bill Murray, was overcome with tears! Help give it a proper send-off before the show closes Sept. 17.



MANUEL HARLAN

JULIETA CERVANTES

"Hello, Dolly!"

When you've got someone with as much moxie as Bette Midler, even an iconic role gets new life. This classic American musical gets a breath of fresh air from the tour de force that is Midler, who took home the Tony Award in June for her spitfire portrayal of Dolly Gallagher Levi. She's staying on through Jan. 14, and the show may well close without her, so this is your chance to see a one-of-a-kind actress in an iconic Broadway production.

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The 5 best online coding bootcamps

Coding is the most important job skill of the future. ISTOCK

You'll be well-prepared for a career in tech.

SARA FEINSTEIN
@MetroNewYork
letters@metro.us

With an increasing numbers of businesses relying on the work of programmers, knowing how to code has become one of the most valuable skills for today's job seekers to have.

And while we typically envision college as the main factor in bolstering one's career success, when it comes to landing a tech job, short-term bootcamps do the trick. They teach students the basics, help them build a portfolio of projects and prepare them for a quick transition into the flourishing field.

We've rounded up the five best, based on instructor quality, curriculum and job placement.

Thinkful

With a focus on one-on-one learning, this program allows students to attend virtual meetings as well as daily Q&A sessions with their mentors — all of whom have years of programming experience. Those who enroll will learn full Stack development and data science and even get help with the biggest challenge: navigating the job market. Students will build a professional portfolio, learn how to prepare for interviews, and if they don't find a job within six months of graduation, they'll get a 100 percent tuition refund.

Bloc

Designed specifically for beginners, BLOC's coding program allows students to choose a curriculum that aligns best with their individual needs. Those want to become a web developer as quickly as possible can sign up for its six- to 12-month program, which covers programming fundamentals and well as front-end and back-end web development. There's also the more-in-depth one- to two-year camp, and a six- to 18-month program for those who want to learn how to design and build apps. Regardless of the chosen track, students should be prepared for a rigorous program that requires consistency, discipline and accountability.

Flatiron School

This interactive school has a striking promise: "Our students don't just ship code; they become developers." Through 800 hours of coursework, they'll learn how to think and build like software engineers — from developing a mastery of code to understanding exactly how products are designed. And if any issues come up along the way, students are covered. With just the click of a button, they can access on-demand help from technical coaches via chat and screen-sharing.

Fullstack

Through a series of live lectures, students will learn programming basics, and receive full training on full Stack JavaScript — the most in-demand Stack among employers. The best part: the entire program is designed to mirror an actual classroom. Students can watch their instructor tackle coding challenges step-by-step, work on projects with classmates and even sign up for virtual office hours. While the program certainly isn't easy — Fullstack maintains that "this is probably the hardest program you'll ever take" — those who complete it can expect to score some of the best jobs in the field.

Skillcrush

With courses that touch on UX Design, HTML/CSS, JavaScript, Wordpress and Ruby, Skillcrush's immersive programs offer a little bit of everything. From the very start, those who enroll are given a "blueprint" — a step-by-step guide to prepare them for their particular career route. By the end of 12 weeks, students will have not only tangible technical skills, but also a portfolio with dozens of projects to show to prospective employers.

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What to do when you realize you hate your job

Quitting isn't the only option.

SARA FEINSTEIN
@MetroNewYork
letters@metro.us

The first step often involves asking yourself what needs to change in order for you to be happy. ISTOCK

Sure, there are plenty of monotonous tasks that make the workday drag on, but if the thought alone of coming into the office makes you cringe, it might be time to make a change. While handing in an abrupt letter of resignation may sound like a glorious solution, for many people, walking away is not always realistic.

So what other options are there? We spoke with Foram Sheth, the co-founder of the career-coaching platform Ama La Vida, to find out.

Solve the happiness equation

Before you make any major moves, it's important to get real and ask yourself why exactly you hate your job. That doesn't mean running through a never-ending list of all the things that you dislike, says Sheth. "It's best to list one or two specific things that must change in order for you to be happy."

Say you're a consultant who hates getting up for 6 a.m. flights, eating out all the time and working long hours. Your best bet would be to narrow in on the most crucial issue — say, the constant flying — and start thinking, "How can I make this work?" says Sheth. "Maybe you could travel every other week, or Monday through Wednesday instead of Monday through Friday." Ultimately, you want to ask yourself: "Are there opportunities for me to do more of what I love and less of what I hate?"

Be frank with your manager

Plenty of people are miserable at work but have one thing standing in the way of happiness: their outlook. "They think, oh, my boss won't want to hear my complaints, or they won't give me this role because what I'm doing now is the only thing that's available," explains Sheth. But that's not necessarily true. If you hate working on a particular project or believe you could be using your talents more effectively, you should approach your manager and say, "I think I could be more productive, happier or more engaged if I were to do this instead — what do you think?" Chances are, if you're honest and can offer up solutions that will benefit the organization, your boss will be open to making a few adjustments.

Seek out a career coach

Career coaches are basically the therapists of the workplace, says Sheth. "They know the right questions to ask and can support you when you're trying to make a change." Rather than running through directionless inner monologues in an attempt to figure out what you want, seeking out the help of these experts will offer you a more clearly outlined solution. He or she might streamline your decision with questions like, "What is your end goal?" or "Walk me through what you don't like within your existing environment," explains Sheth. In the end, you want someone "who will take you through all of these different variables, and help systematically say, 'OK, here's where we are — now let's take it one step at a time.'"

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EKG Technician	SAT 10/14-12/09/17	10am-2pm
EKG Technician	M-TH 10/30-11/09/17	9am-1pm
Dental Assistant	M, W 11/06-02/19/18	6pm-9pm
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ESL/Inglés como Segundo Idioma	M, W 10/02-12/11/17	6pm-9pm
ESL/Inglés como Segundo Idioma	T, TH 10/10-12/19/17	6pm-9pm
HSE English	T, TH 10/10-01/11/18	9:30am-12:30pm
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CUNY IN THE HEIGHTS

Floyd Mayweather kept his record perfect, defeating Conor McGregor in 10 rounds with a TKO on Saturday night to improve to 50-0 GETTY IMAGES

Boxing lives another day...barely

Mayweather's win over Conor McGregor might have saved his sport.

OPINION

JOE PANTORNO
@JoePantorno

Saturday night was a lose-lose situation for Floyd Mayweather.

The 40-year-old undefeated boxer, regarded by many as one of the best ever, stepped into the ring for one of the most over-hyped fights in the history of his sport against a mixed martial artist that had never worn a pair of boxing gloves in a competitive clash.

While Mayweather's eyes might have been on the material object he shares a nickname with, money, he was shouldering the reputation of boxing against Conor McGregor, the brash Irishman 11 years his junior who promised a shock upset in dominating fashion.

Think about it. Had Mayweather lost to McGregor, boxing's validity would have been discounted and given a black eye it probably could have never recovered from.

Could you imagine a first-time fighter defeating one of the sport's greatest champions?

Mayweather's career would be tarnished as mixed martial arts competitions like UFC would simply overwhelm the fighting game.

Which is why, understandably, there was some uneasiness in the opening three rounds.

McGregor shot out of the gates like a cannon and went straight after the defensive Mayweather, landing some early hits, including an uppercut to "Money's" chin.

I do however, have a difficult time calling McGregor's attacks punches given his inexperience.

For example, as seen below, the 29-year-old's wide stance actually worked against him in terms of the power department. When he was able to land on Mayweather, he was unable to get much leverage as he relied mostly on his arm strength. Had a more experienced, clinical boxer landed that uppercut on Mayweather, who knows? Maybe the fight would have been over in a round-and-a-half with the undefeated champion on the canvas.

This in no way is me trying to detract what McGregor did on Saturday night, though the constant bonks on the back of Mayweather's head became tiresome after the fifth and sixth times. Had you told me the brand-new boxer was going to take the champ 10 rounds, chances are I would have respectfully disagreed.

GETTY IMAGES

But that's exactly what happened as McGregor surprisingly took four of the first nine rounds, at least by my scorecard.

And he fared far better than some of Mayweather's last few opponents; McGregor landed 111 punches compared to the 81 from Manny Pacquaio and 83 from Andre Berto.

Then came what we all thought was going to be McGregor's downfall, his fatigue.

As Mayweather did what he did best, defend, McGregor ever-so-steadily started running out of gas as he just could not find a way to land that devastating killer blow.

That's when we saw a transformation in Mayweather's approach.

Throwing punches at a rate we haven't seen in at least a decade, Mayweather picked apart McGregor with a barrage of one-two's, stunning him with a right hook in the ninth round.

By the 10th, McGregor was unable to protect himself allowing Mayweather to achieve that perfect 50-0 record when the fight was called after a quick-striking assault.

But here is where we get to the second half of Mayweather's lose-lose situation.

While the defensive tactician played the waiting game with McGregor, Mayweather's triumph was immediately met by plenty of opposition questioning the substance of his victory given the length of the bout.

Maybe those folks are just angry McGregor supporters. Or maybe they just never watched a Mayweather fight and are oblivious to his style of fighting.

It's those people though who shelled out the money to watch this superfight and at the end of the day, they hold the power. If they don't watch, boxing struggles to survive.

So yes, Mayweather's victory ensures that boxing lives to fight another day against the popular, still-developing powerhouse that is UFC, but this big money fight still provided a blow to the sport's reputation as McGregor's performance created yet more uncertainty surrounding boxing's legitimacy.

Special September could be waiting for the Williams sisters

Two of America's greatest tennis players ever could have a memorable time around the US Open.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

There are certain things in life that are just a given. Sure, you can be morbid and say things like death and taxes are certainties, but where's the fun in that?

No, no, I prefer something far more positive and entertaining. Something like a Williams sister competing in a Grand Slam final. That's usually a given.

Since 1997, there have been just two years (1998, 2006) in which neither Venus or Serena appeared in a major championship match as the sisters have combined for 30 titles.

The two have faced each other nine times for a championship during that streak with Serena holding a dominating 7-2 record.

Despite all these titles and match ups over the last 20 years, the second week in September could very well be one of the most memorable in Williams family history even though Serena will be nowhere near a tennis court.

But let's talk about Venus first.

At 37 years old, the elder Williams sister had been something of an afterthought for the past seven years. Heading into 2017, she had not reached a Grand Slam final since she lost to Serena at Wimbledon in 2009.

Venus had sunk to as low as 137th in the world rankings in February of 2012 while she battled Sjogren's syndrome, which is an autoimmune disease causing joint pain, swelling, numbness and fatigue.

Finding a way to persevere and perform with the disease, Williams worked her way back up the world rankings and to prominence in the tennis world.

This season has seen her seemingly turn back the clock, reaching the finals at the Australian Open and Wimbledon, though she would fall just short to her sister in Sydney and Garbine Muguruza in London. Now comes the U.S. Open, a tournament she hasn't won since going back-to-back in 2000 and 2001.

Serena (left) and Venus (right) after the 2017 Australian Open. GETTY IMAGES

With Serena out of the picture this year, the tournament is pretty much wide open and Williams is considered one of the dark horses to win in Queens.

Not only would it provide her with her first Grand Slam in nine years, it would more than likely shoot her further up the rankings from her current spot at No. 9 in the world.

If that wasn't special enough, the Williams family could be celebrating far more around the date of the women's final, which takes place on Sept. 9.

In April, shortly after defeating Venus for the Australian Open crown, Serena announced to the world's media and her fans that she was in fact 20 weeks pregnant, making her victory in January even more remarkable. With simple math (which took me a bit longer to execute, I must admit), Serena's due date puts the arrival of the newest Williams right around that second week of September.

Just think in a couple weeks, Venus could be visiting her new niece or nephew with the U.S. Open Trophy in hand.

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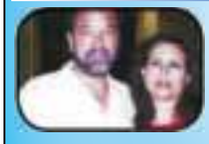

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16 Oprah's middle name
17 Handwriting on the wall
18 Novelist Tillie --
19 Claim on property
20 Acrobatic move
22 Ship of 1492
23 Robin's perch
24 Sotto --
26 Mixtures of metals
29 Fondness (2 wds.)
33 Far down
34 Genetic factor
36 Prefix for "trillion"
37 Decrease gradually
38 Building wing
39 Music genre
40 Baroness Karen
42 Destines
44 Venue
45 Hotel staffers
47 Twisted
49 Corn servings
50 Zen question
51 White heron
54 Places of worship
58 Elmer Fudd, e.g.
59 Cheap heat
61 Manhattan river
62 Legend
63 Up and about
64 -- Mae Brown
65 Mr. Trebek
66 Lukewarm
67 Pizzazz

Down

1 Arrogant person
2 Tibetan monk
3 Fuel cartel
4 Casual shirt
5 Least friendly
6 Skateboard jump
7 Bit of straw
8 Twilight, to a poet
9 Place to winter
10 Most unbecoming
11 Sprinkle
12 Eat sparingly
13 Humerus neighbor
21 Saute
22 Interest amt.
24 Thin material
25 Recurrently
26 Wing it (hyph.)
27 Renter's document
28 Aboveboard
29 De-ices the roads
30 Hazard
31 Take the dais
32 Sealed a package
35 Gathers grain
41 Tissue brand
42 Debate side
43 Used Brillo
44 Genuine
46 Bowler
48 Dinghy's need
50 Army wear
51 Sundance Kid's wife
52 Touchdown
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55 Flag down
56 Is, in Madrid
57 Getz or Kenton
59 Practiced Zen
60 Use a charge card

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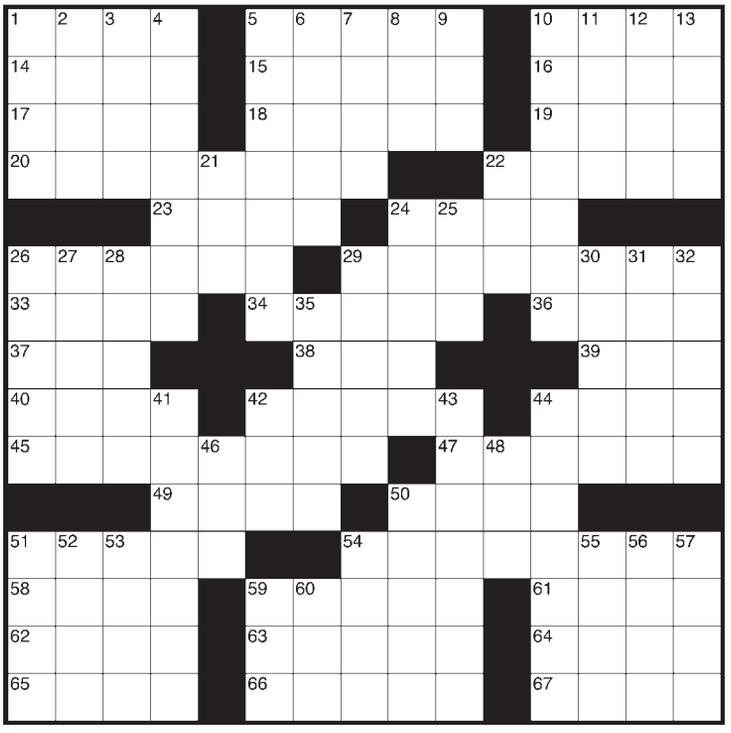

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easy

3		8		9				5
2					1			
	6	9			2		3	4
		3		4	6			
		1		5		4		
			1	2		8		
9	7		8			5	1	
			9					6
1				7		9		8

hard

	6	2			9		5	
9	7				1	6		4
			2					
	2	5		8				7
6								2
7				4		5	6	
					4			
2		6	3				1	5
	3		7			2	4	

metro.us/horoscopes

Aries Put the spotlight on you. Show off what you have to offer and dig in and get things done. Traveling, attending meetings and networking are all favored.

Taurus Get along with others, no matter what transpires. Refuse to let a stubborn attitude hinder an important relationship. Stay level-headed make diplomatic decisions.

Gemini Emotions will swell up, creating some concern for you or those around you. Stay calm and use your charm to wiggle your way through any controversy you encounter.

Cancer Do what comes naturally. Set your sights on what you want, and follow your heart, intuition and imagination. Refuse to let others tempt you. Stick to your own devices.

Leo Don't let the past come back to haunt you. Arguing about what's been done won't solve anything. Make peace or prepare to move on. Focus on personal growth.

Virgo Spend time with people who share your beliefs and collaborate with them. Don't waste time getting angry with people who differ from you.

Libra Do what you can to pitch in and help, but not at the expense of paying for others' mistakes. An emotional situation can be rectified if you are sincere and compassionate.

Scorpio A good sense of humor will help you ignore irritating people or situations. Looking at the broad perspective and acting mature but lighthearted will encourage peace.

Sagittarius Keep your feelings to yourself. Someone will use personal information that you divulge against you if you are too open. A physical activity will ease stress.

Capricorn What you do for others will be considered commendable, but will also leave you vulnerable to those who want to take advantage of you. Offer suggestions.

Aquarius Share laughter, stories and good times with someone you can't get enough of. Be loving, compassionate and aware. Be good to yourself and those you love.

Pisces Don't trust anything or anyone. You'll be subject to emotional manipulation and should keep your thoughts to yourself. Concentrate on inner peace. **EUGENIA LAST**

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E	M	A	I	L		A	S	T	I		T	E	R	A
A	N	I	M	A		S	P	A	S		U	R	D	U
H	I	L	A	R	I	T	Y		T	I	D	I	E	D
				V	I	A		F	I	T		T	R	Y
B	O	N	S	A	I		F	E	N	C	E			
A	B	A	T	E		S	L	I	G	H	T	E	S	T
H	E	R	O		C	H	I	N	S		U	T	A	H
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C	P	A		A	T	E		R	E	B				
R	E	P	A	S	T		M	O	N	O	P	O	L	Y
U	R	A	L		E	R	I	K		R	U	P	E	E
M	I	C	A		R	A	R	E		S	N	A	I	L
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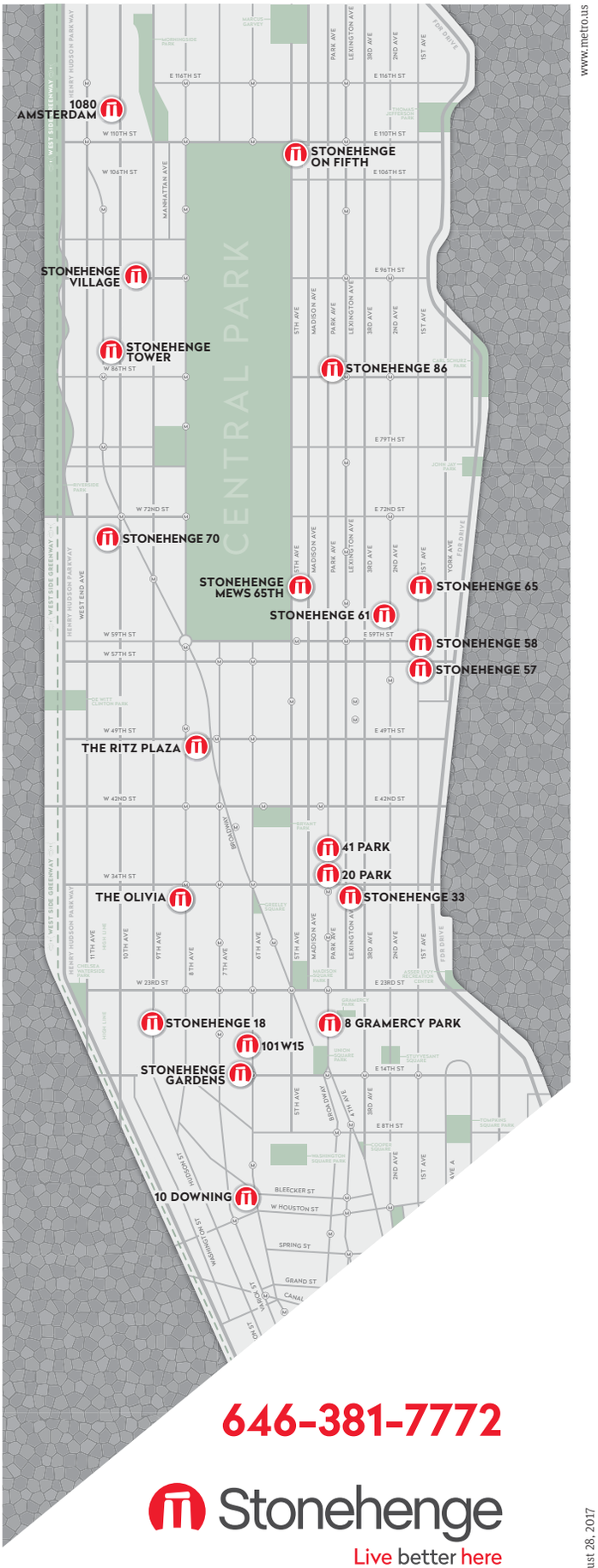

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